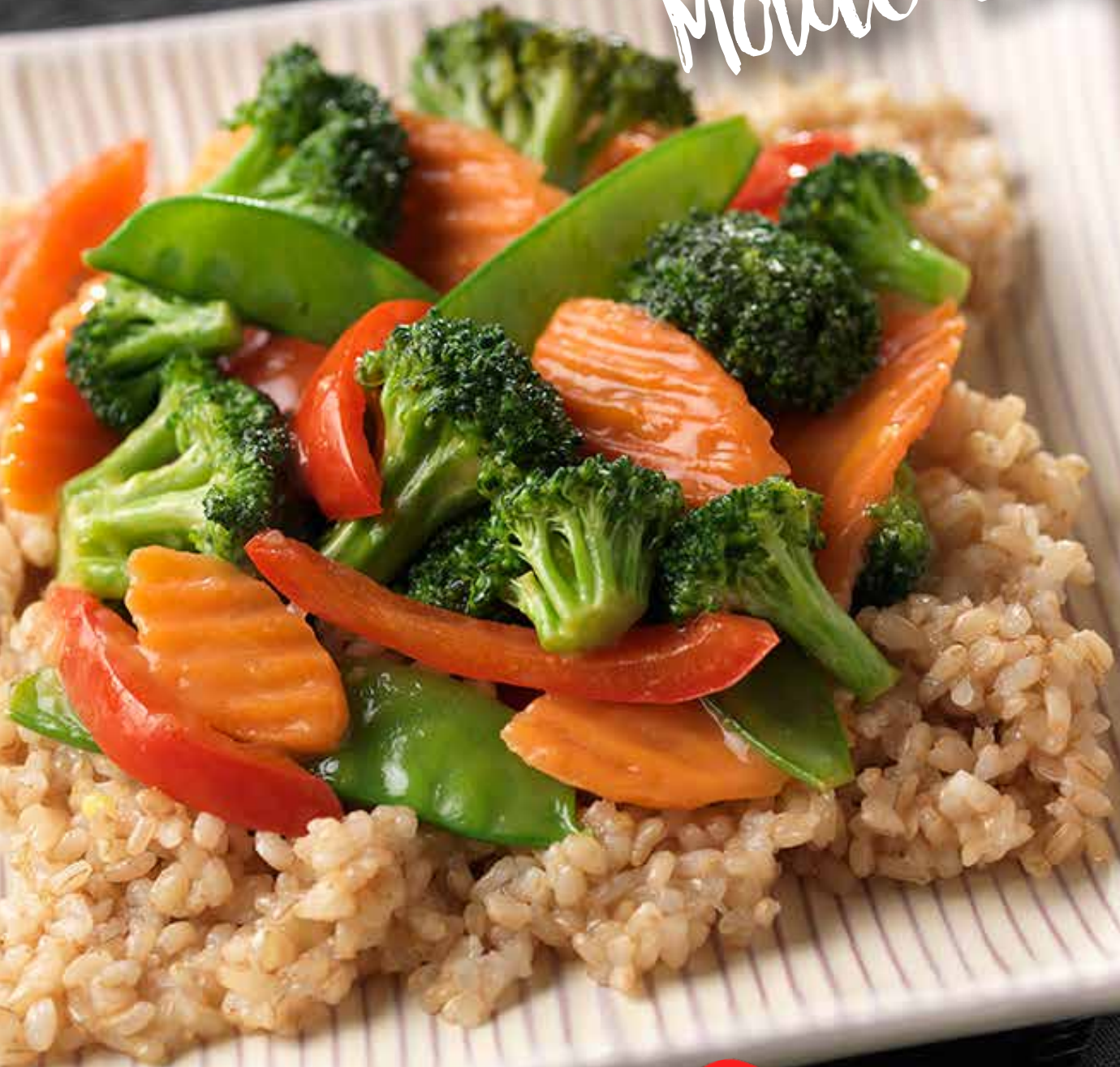




*Veggies
Made Easy!*



 **Heart Nourishing**

February 2019



California Stir Fry & Brown Rice

Ingredients

- 1 (12 ounce) bag Mann's California Stir Fry
- ½ cup orange juice, fresh squeezed
- ⅓ cup butter
- 2 tablespoons sugar
- 1 ½ tablespoons grated ginger
- 1 tablespoon corn starch, dissolved in ¼ cup water
- salt and pepper, to taste
- 2 cups brown rice, cooked

The Method

Place Mann's California Stir Fry, orange juice, butter, sugar and ginger in a large skillet over medium-high heat.

Bring to a boil; cover and cook 2-3 minutes.

Uncover and slowly add cornstarch and water mixture. Simmer until liquid glazes, about 10 minutes. Season to taste with salt and pepper. Serve with brown rice.

Serves 4



BROCCOLINI® baby broccoli with Ginger and Garlic

Ingredients

- 1 bunch Mann's BROCCOLINI® baby broccoli (about 9 stalks)
- 1 tablespoon extra virgin olive oil
- 2 cloves garlic, minced
- 2 teaspoons crushed ginger
- Salt and pepper, to taste
- Vermouth, to taste

The Method

Fill a large saucepan with 3 cups water and boil. Once water is boiling, add pinch of salt and blanch Mann's BROCCOLINI® baby broccoli, for about 1-2 minutes. Drain, rinse with cold ice water and set aside.

In a large skillet over medium heat, add 1 tablespoon of extra virgin olive oil and garlic, and sauté for 30 seconds. Add the BROCCOLINI® baby broccoli and the crushed ginger. Sauté, stirring to coat for about 1 minute. Reduce heat to low, cover, and cook 2-3 minutes. Add salt and pepper, to taste.

Splash BROCCOLINI® baby broccoli with Vermouth, to taste and serve immediately.

Serves 4



Roasted Broccoli & Cauliflower with Lemon Parsley

Ingredients

- 1 (12 ounce) bag Mann's Broccoli & Cauliflower
- 3 tablespoons olive oil
- kosher salt, to taste
- black pepper, freshly ground
- 1 cup chopped parsley
- 1 tablespoon lemon juice
- ¼ tablespoon finely grated lemon zest

The Method

Preheat oven to 425° F.

Toss broccoli & cauliflower and 2 tablespoons of olive oil on rimmed baking sheet. Season with salt and pepper, to taste. Roast, tossing occasionally, until tender 15-20 minutes.

Meanwhile, pulse parsley, lemon juice and remaining 1 tablespoon of olive oil in blender/hand blender, until finely chopped. Season with salt and pepper, to taste (Can be made 4 hours ahead).

Toss broccoli & cauliflower with lemon parsley mixture and top with lemon zest.

Serves 4



Power Blend Creamy Walnut Salad

Ingredients

- 1 (10 ounces) package Mann's Power Blend
- ¼ cup goat cheese
- ¼ cup raisins
- ¼ cup poppyseed dressing

The Method

Combine ingredients, toss and enjoy!

Serves 4



Brussels Sprouts & Apple Salad

Ingredients

- **1 (12 ounce) bag Mann's Brussels Sprouts**
- **1 red apple, diced**
- **2 tablespoons almonds, sliced (optional)**
- **1 teaspoon thyme, finely chopped**
- **½ cup balsamic low-fat vinaigrette dressing**

The Method

In microwave steam Mann's Brussels Sprouts in bag for 3 minutes, or until tender. Once cooled, cut each Brussels Sprout in half. In a medium size bowl, combine apples, almonds, thyme and dressing with halved Brussels Sprouts, mixing thoroughly. Enjoy!

Serves 4